

Formula feeding

If there is some reason why Baby can't have breastmilk, he will need to have an infant formula.

Cow's milk and powdered milk can hurt Baby's tummy, give him weak blood and put a strain on his kidneys.



How much formula milk does a baby need?

The amount of milk that your baby needs changes as he grows. Feed Baby when he is hungry and give him as much as he wants, but don't make him finish the bottle if he doesn't want to.





If Baby is on infant formula, he will need to have some water too, especially in hot weather. You should boil the water and let it cool before giving it to Baby.

Making up infant formula:

- Use cooled, boiled water.
- Follow the instructions on the can.



If the formula is too strong, it will hurt his kidneys. If the formula is too weak, he won't grow well.

- Refrigerate if not using immediately.
- Don't make up more than Baby will drink in one day, it should only be kept in the fridge for 24 hours.



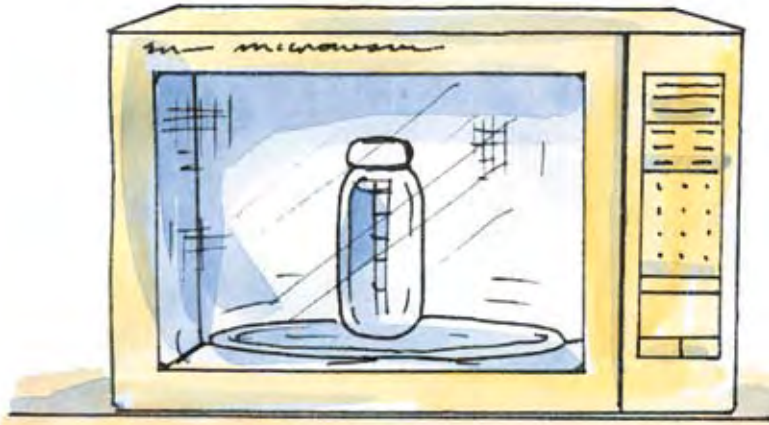
Half-drunk bottles should be thrown out.

Don't try to save money by cutting down the amount of infant formula you use to make up Baby's bottles.



Don't add other things to formula like baby cereal or custard.

- You can heat the bottle by standing it in a container of warm water. Shake the bottle well before giving it to Baby. This helps to make sure that the formula is heated evenly though the bottle.



- If you use a microwave to heat infant formula, be very careful. Microwaves heat unevenly so heat the bottle in short bursts (five seconds), and shake the bottle well each time to spread the heat evenly. If you don't shake the bottle well, Baby can get bad burns to his mouth.

*ALWAYS test
the temperature
before giving it
to Baby!*



- Hold your baby close while you feed him. Don't leave Baby alone to drink the bottle.



*Don't put
Baby to bed
with the bottle.*

*Only use the bottle for infant formula or water.
Don't give Baby tea, soft drink, juice or cordial.*



Teach Baby to drink water from a cup at six months.

Cow's milk or powdered milk are okay for Baby after he turns one year old. You don't need to buy infant formula once Baby is one year old.



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Note: in this pamphlet we talk about Baby as 'he' but all the information in here also applies to girls!

For more information contact your local health worker